

NSW FALL PREVENTION AND HEALTHY AGEING NETWORK EXERCISE TO PREVENT FALLS IN OLDER PEOPLE WORKSHOP

Arncliffe Youth and Recreation Centre, Arncliffe

28 AUGUST 2025

EVALUATION SUMMARY

The NSW Fall Prevention and Healthy Ageing Network “Exercise to Prevent Falls in Older People Workshop” was run on Thursday 28 August 2025 at the Arncliffe Youth and Recreation Centre, Arncliffe.

The workshop was presented by Assoc/Prof Daina Sturnieks, a Conjoint Senior Research Scientist at UNSW Medicine and the Falls, Balance and Injury Research Centre at Neuroscience Research Australia, and Dr Steven Phu, the Project Officer at the NSW Fall Prevention and Healthy Ageing Network.

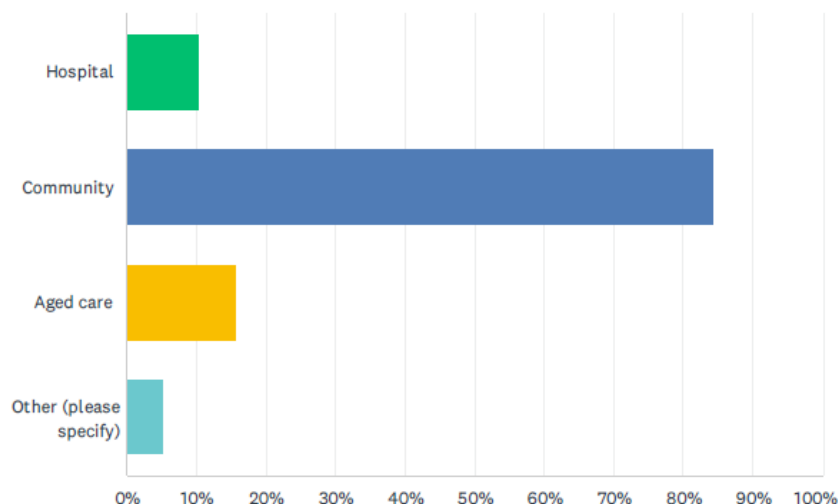
The workshop included 6 online learning modules completed through an online learning platform and a 3.5hr face-to-face practical session including fall risk screening, case study discussions, exercise demonstrations and an opportunity to develop and present an exercise class.

Workshop Attendance

25 people attended the workshop. Respondents (20 people) to the feedback survey primarily worked in the community setting (84%), followed by aged care (16%) and hospital (11%), and were predominately personal trainers/fitness instructors (45% of respondents) and physiotherapists (17%), with others including Pilates instructors (2 people), exercise physiologist (1 person), dietician (1 person) and yoga instructor (1 person).

Q1 What is your healthcare setting

Answered: 19 Skipped: 1

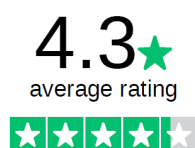


Online Learning Feedback

Feedback for the self-paced online learning modules was positive in terms of the content and structure.

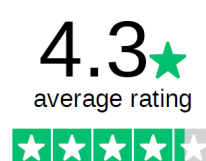
Q3 The self-paced online theory modules met my expectations

Answered: 20 Skipped: 0



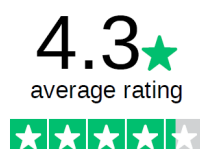
Q4 The self-paced online component was well structured

Answered: 20 Skipped: 0



Q5 The self-paced online theory content was appropriate

Answered: 20 Skipped: 0

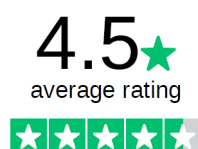


Face to Face Workshop

Feedback for the face-to-face component of the workshop was also largely positive. Respondents were pleased with the timing of the workshop and practical applications, information presented, balance between theory and practical activities, and found the workshop to be beneficial for their work, while also matching their skill level.

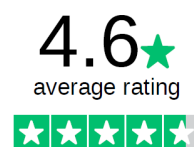
Q6 The practical workshop was well-paced and well-timed

Answered: 20 Skipped: 0



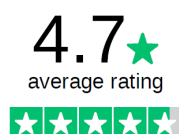
Q7 The practical workshop contained sufficient practical applications

Answered: 20 Skipped: 0



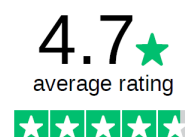
Q8 The information and/or skills presented were relevant and useful

Answered: 20 Skipped: 0



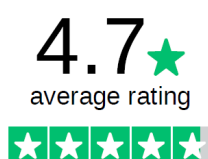
Q9 There was a good balance between theory and practical information

Answered: 20 Skipped: 0



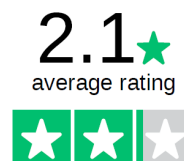
Q10 The workshop was worthwhile/applicable to my job

Answered: 20 Skipped: 0



Q11 The workshop was above or below my current skill level

Answered: 20 Skipped: 0



Other Feedback and Suggestions

Responses to the open-ended questions for feedback and suggestions are below. Suggestions from workshop attendees were mainly for the online learning modules and updating its content. The list of suggestions is below.

RESPONSES	
am an exercise physiologist so have trained in this but its a good refresher for progressing exercise and to help train our fitness instructors	Great workshop, I
Mixture of other settings - not just community	
Updating	
Make evaluation online	
better	One presenters videos were too short and needed to flow
Nothing - it was great	
evidence and the updates brought to the practical workshop	Update the online
Nil	
All good	
quiz	Only having the incorrect questions when reviewing each

When asked what was most interesting/relevant about the workshop, attendees mentioned that they enjoyed the talk on the evidence for balance intensity, the opportunity to network with others working in the fall prevention space, practical activities, and exercises that can be adapted for fall prevention.

To include challenging balance work
Group interaction
Exercise options and the research papers
Evidence - studies and research
Sharing others professional experiences
Evidence based suggestions
Focus on balance
To know the types of exercises in fall prevention
The practical workshop tests and scenarios
More ideas to progress balance
The practical demonstrations/ideas and brainstorming
Most useful tip was the balance progression. Especially seated balance
Exercise progression
It is very useful that I can apply into my practice
Strength training and balance
Working in groups and listening to other groups outcomes